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PIN PRICKING
A SECRET WEAPON IN
THE FIGHT FOR
GLOWING SKIN {page 13}

OLD PRO SPARE MAYA ANY PREGNANCY ADVICE {page 10}



OTTAWA

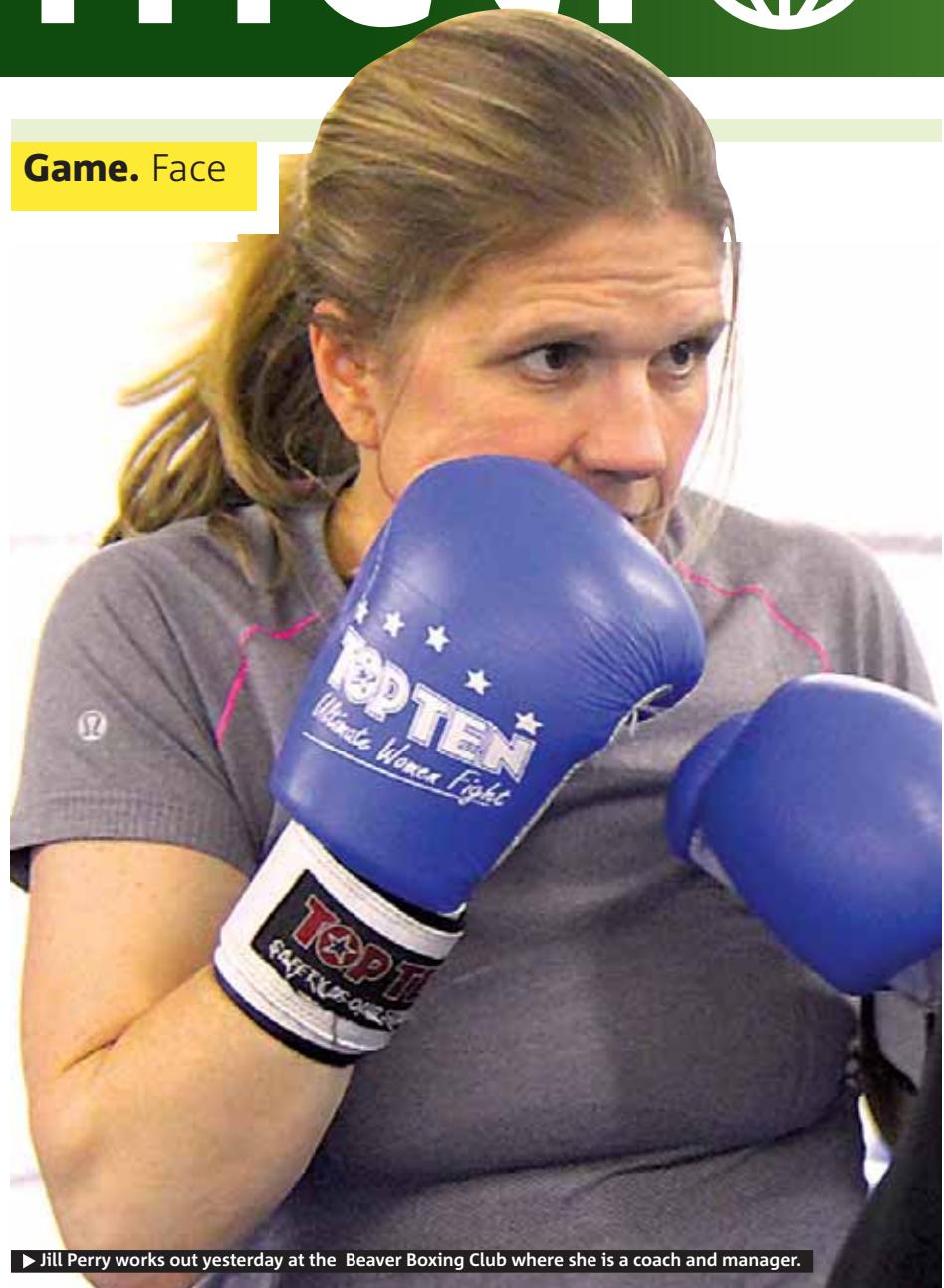
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Tuesday, May 10, 2011
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News worth sharing.

Game. Face



► Jill Perry works out yesterday at the Beaver Boxing Club where she is a coach and manager.

Too posh to push a myth

► Reducing C-section birth rate to 15% saves health-care system \$25 million: Researcher

 JESSICA
SMITH
@METRONEWS.CA



"It's important for women to know that they do have a choice, they can refuse any kind of treatment."
ESTHER SHOEMAKER

A University of Ottawa PhD candidate is being recognized this week for disproving a common myth — that type-A women are so busy and used to being in control that they choose to have babies by Caesarian section.

"If you really look at it, women do prefer having a natural birth, they do not prefer having a C-section," said Esther Shoemaker. "It's not this 'I'm too posh to push' kind of argument, it just doesn't hold."

Shoemaker is receiving the Canadian Health Services Research Foundation's Mythbuster award for debunking the myth — one she said she often hears from experts in her field.

Reviewing Canadian and foreign studies, Shoemaker found that most mothers who had a C-section said it was their health-care provider who had made the decision.

C-sections have a number of drawbacks. They cost the system \$2,265 more than a vaginal birth,

present surgery-associated risks, result in scarring and can increase risks in future pregnancies, Shoemaker said. Breast-feeding rates are lower among mothers who give birth by C-section, and recovery time is longer, she added.

However, she said she doesn't discourage women from having Caesarian births when they are medically necessary.

As for why the increase in C-sections is happening, she said the reason isn't perfectly clear, but it may be in part because midwives aren't often used and obstetricians are typically rushed.

Set to take over the boxing club

Perry's coach, club owner Joe Sandulo, is set to retire and Perry will be taking over at the club's new location in Little Italy. Story, page 4.

JESSICA SMITH/METRO

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Teachers get lessons in Facebook

Teachers should decline Facebook friend requests from students, says a new advisory from the Ontario College of Teachers.

The "Use of Electronic Communication and Social Media" was officially presented to members of the College at an information session in Ottawa yesterday. The advisory

warns members of the dangers of communicating with students outside the classroom and reminds them not to share their personal lives with students.

"We want teachers to use social media ... and to be aware of how to use it responsibly and professionally," said Michael

Salvatori, the College's registrar and CEO.

Salvatori said there have been cases of teachers communicating with students inappropriately, sometimes in a sexual context, using social media.

The new advisory, if followed properly, will help teachers avoid rela-

tionships with students — sexual or otherwise — that move beyond the classroom.

If a teacher does friend a student on Facebook, the College won't undertake disciplinary proceedings, unless there is a complaint, Salvatori said.

• JOE LOFARO



► Michael Salvatori

Name game causes stir

► Building name scrapped after group fights honouring former mayor

 SEAN MCKIBBON
@METRONEWS.CA

The head of the Jewish Federation of Ottawa says he's "delighted" that Mayor Jim Watson has withdrawn a motion to name a new archives building after former mayor Charlotte Whitton.

"I think that the mayor and council are listening to the concerns of the community and made the right decision in withdrawing the proposal and I couldn't be happier," said federation president Mitchell Bellman.

In a letter sent to councillors late Sunday, Watson said the proposal is too divisive.

"These kinds of commemorative namings should be positive occasions that bring the community together," Watson wrote.

"I think that through the process they're using now, to invite the public to make suggestion, it will ultimately lead to the right decision for council."

MITCHELL BELLMAN, PRESIDENT OF THE JEWISH FEDERATION OF OTTAWA

Watson's proposal sparked outrage from many, including Bellman, who said Whitton shouldn't be honoured because she successfully lobbied to keep Jewish refugees out of Canada during the Second World War.

In the letter, Watson asked for suggestions for other figures to name the building after. The building, which is set to open next month, will be named retroactively, he said.



► Yaman Marwah, 18, hoists his little brother, Moaz, on his shoulders as they rally yesterday outside the Embassy of the Syrian Arab Republic on Cartier Street.

JOE LOFARO/METRO

Rally calls for Syrian democracy

A group of about 50 demonstrators shouted slogans at a rally yesterday outside the Embassy of the Syrian Arab Republic denouncing the Syrian regime which they say has killed thousands of men, women and children as they fight for democracy. The shouts were directed toward the Syrian ambassador who the group says is on the side of the Syrian government. "Now everyone sees what we have been through for 41 years — enough is enough," shouted Afra Jalabi, an activist from Montreal who participated in yesterday's rally.

Bike-sharing program launches website

The first 100 subscribers to the Capital BIXI bike-share program will get a special key to access the bikes and a discount, the NCC announced yesterday.

Ten bike stations with a total of 100 bicycles will be ready for use as of May 18.

An annual subscription to the service will cost \$78; a monthly subscription \$28, and a daily pass \$5 — with the first 30 minutes or less free.

Visit capital.bixi.com for more information.

• JESSICA SMITH



FACEBOOK

News in brief

Landscaper electrocuted

SAFETY. A 20-year-old landscaper was electrocuted yesterday outside a home on Roch Place when the tool he was using accidentally touched electrical wires. Paramedics treated the

man for possible cardiac problems. • METRO

Beach Boy stops in Ottawa

TOUR. Former Beach Boy Brian Wilson is coming to Ottawa as part of what's being billed as his first-ever cross-Canada tour. Wilson announced yesterday he'll perform at the National Arts Centre June 20. • METRO



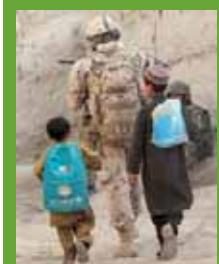
Egypt faces the growing power of Islamic hardliners amid post-Mubarak rioting.
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Despite threats, hundreds of Afghan children file off to school for their first days of formal education.
Video at metronews.ca

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New digs, new opponents

► Club moved after Carling Avenue location bulldozed ► Club owner Joe Sandulo, mentor to many young boxers, planning retirement



► Beaver Boxing Club coach Jill Perry and club owner Joe Sandulo.

 JESSICA SMITH
@METRONEWS.CA

Former Canadian and Olympic boxing champions who trained at Beaver Boxing Club over the past 68 years are celebrating its grand reopening today — and some will notice that something's changed.

"I'm sure some of the

old guys have not seen women spar," said Jill Perry, a coach and manager at the club, yesterday.

Club owner and Canadian Boxing Hall of Fame inductee Joe Sandulo laughed when she said that, but it's true. Perry was Sandulo's second female student when she joined in the club in 1987. She went on to become the

"Joe just celebrated his 80th birthday last week, so no one can begrudge him his retirement at this point."

JILL PERRY

Canadian featherweight champion in 2005 and

2006.

"She was very good. She came up through the ranks," said Sandulo. "And she's taught me a lot about how to behave and so forth."

Sandulo is planning to retire soon. When he does, Perry will take over, she said. For now, they're both celebrating their new location on Spruce Avenue.



► Jathunath Thiyagalingam

Engineering students learning to fly

Carleton aerospace engineering students are taking to the skies as part of a new co-op placement, earning pilot's licences as well as their engineering degrees.

The university is partnering with Ottawa Aviation Services and B-Con Engineering to give students co-op placements and companies access to the school's research and bright young minds.

Co-op student Jathunath Thiyagalingam said he plans to earn an MBA after he graduates and then become "a leader in the aviation industry."

But first, he's learning to fly a plane.

"It was my first time in a lightweight aircraft, it was amazing. I even had a chance to manoeuvre around with it, see how the wind responds to the aircraft," said Thiyagalingam.

Metin Yaras, chair of the department of mechanical engineering, said teaching students like Thiyagalingam what to do in the cockpit will improve the safety of tomorrow's airplanes.

"Today's commercial planes can take off, fly, land with minimal pilot intervention and us engineers, we like to brag about that, but we have to be careful about this exercise. If we reach the point where the plane is disconnected to the pilot there are serious safety issues," Yaras said.

● JESSICA SMITH

Zip.ca to launch new streaming technology

atre systems will be able to stream content from Zip.ca using a wireless or wired Internet connection. The company also said users will be able to stream content on their computers, cellphones, and select set top boxes.

"This is really new for Canadians," said Scott Richards, CEO of Zip.ca, but he wouldn't confirm a launch date for the service.

Many thought Zip.ca would be crushed by Netflix, but with the advantage of a vast library of new release material, Zip.ca may be able stay ahead of the competition.

● JOE LOFARO

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Hackers favour Canada: Report

► About 80 per cent of cyber scams happen on compromised legitimate web servers, experts say ► Most hackers still prefer targeting U.S.

Canada is becoming a harbour for cybercrime as hackers move their operations away from servers in China and eastern Europe, according to a report from the U.S.-based security firm Websense.

There was a 319 per cent surge in the number of Canadian servers hosting phishing sites in the last 12 months, even as most countries saw their num-

"That doesn't mean the bad guys are in Canada, it doesn't mean the affected users are in Canada, but it means the Canadian infrastructure is being used to attack against someone in the world."

PATRIK RUNALD,
WEBSENSE'S SENIOR MANAGER OF SECURITY RESEARCH

bers decrease, suggests the report.

Canada now finds itself second on the list of countries that host the most

phishing sites, which attempt to trick users into handing over their personal information, passwords or banking data. The num-

ber of bot networks — large numbers of infected computers that can be controlled by hackers remotely and used for malicious purposes — also rose by 53 per cent in Canada in the last eight months.

Canada is sixth worst on Websense's overall list for hosting all types of cyber-crime exploits, compared to 13th in a search last year.

THE CANADIAN PRESS

Adrenaline. Seekers



► An artist's rendition shows a proposed walkway near the top of the CN Tower in Toronto. As if the view from the top of the CN Tower isn't thrilling enough — people will soon be able to walk around the ledge outside. The famous landmark will be offering a new attraction this summer called EdgeWalk. The official launch date has not been announced.

THE CANADIAN PRESS HANDOUT

CN Tower boasts bucket list thrills

Soon visitors to the CN Tower will be able to walk along a 1.5-metre-wide ledge around the top of the tower's main pod, 356 metres above the ground. Wearing safety harnesses, guides will lead groups of between six and eight to breathtaking views of the city.

Police kept discovery of girl's remains secret

For more than seven months, Montreal police knew they had the body of a girl who went missing in 1999 and avoided telling anyone — not even the girl's family.

For more than seven months, Montreal police knew they had the body of a girl who went missing in 1999 and avoided telling anyone — not even the girl's family.

Montreal police Sgt. Ian

Lafreniere says there were operational reasons for the decision.

"We kept a lot of information secret for ourselves because of the investigation," Lafreniere said.

Lafreniere says it took more than a month to establish that it was the 10-year-old girl who went missing all those years ago.

THE CANADIAN PRESS

Layton to aid Quebec interests

NDP Leader Jack Layton returned Sunday to the Quebec talk show that helped jumpstart his rise in the province and vowed to defend the interests of Quebecers in Parliament.

Layton told Radio-Canada's influential *Tout le monde en parle* that his first order of business when he returns to the

House of Commons will be to introduce legislation that strengthens the language rights of Quebecers working in federally mandated buildings.

The leader is coming off a breakthrough in the province that saw his party jump from one seat to 58. His party has been questioned about some of its young MPs and whether its success in Quebec is good for Canadian unity. More than half of his party's 102 seats are in Quebec.

THE CANADIAN PRESS

POSTHUMOUS POSTING

Dead man's blog draws millions

The last words of a B.C. blogger who battled cancer until last week are resonating with more than eight million people around the world.

Derek Miller's Last Post was published on his blog by a friend, one day after the 41-year-old father of two died from complications of colorectal cancer in Burnaby, B.C.

In it, Miller talks about his love for his family, his sadness at not being able to support them in the future and his lack of regrets in his life.

His wife, Airdrie, says the response has been overwhelming, but she takes comfort from the blog because it's like having a little bit of her husband back. She hopes the blog will live on as Miller's digital legacy.

THE CANADIAN PRESS



Check out the blog at penmachine.com

Manitoba flooding forces residents out

A precautionary evacuation affecting thousands of people has been ordered in Manitoba's second largest city as the flood-swollen Assiniboine River rises dangerously close to the top of the city's dikes.

The evacuation notice affects about 900 homes in a widespread area of Brandon known as The Flats.

Mayor Shari Deeter Hirst says the evacuation is mandatory and that all persons affected have been asked to register with emergency authorities at the city's Keystone Centre. "It's time to go," she said yesterday. "We can't be waiting until the last minute. We've got to start moving people out."

City police went door-

Flood levels

► The Assiniboine has already passed the record level in Brandon set during the flood of 1923, and work continues to raise the dikes.

► Provincial flood forecasters have said that between 20 and 50 mm of rain is expected in southern Manitoba over the next few days.

to-door several weeks ago to warn residents they may have to leave.

"The dike has not burst. There are no sirens, there is no panic," she said.

THE CANADIAN PRESS

Surprise Tory win close call

Elections Canada says the surprise Conservative win in Labrador was even closer than originally thought.

Preliminary results indicated Peter Penashue beat Liberal incumbent Todd Russell by about 200 votes.

But Elections Canada says a validation of poll-by-poll tally sheets

corrected some mathematical mistakes, cutting that margin to just 79 votes.

The independent agency says an automatic judicial recount would only be triggered in this case if less than 10 votes separated the front-runners.

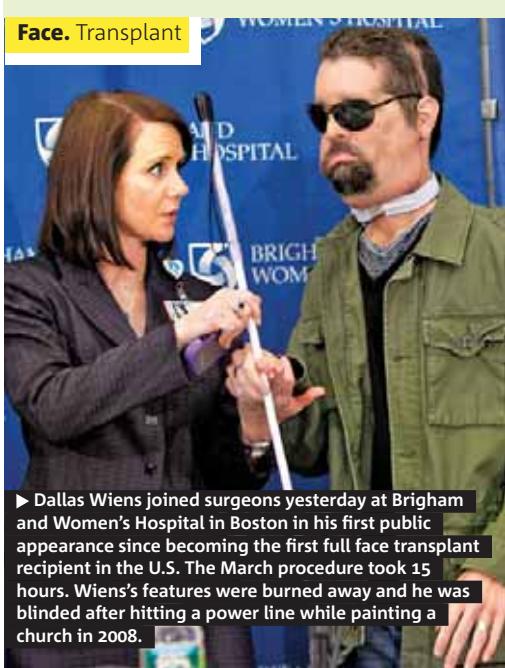
Before last Monday's federal election, the Conservatives had not held the riding of Labrador since 1968.

Penashue is a vocal supporter of plans to develop the Lower Churchill hydroelectric project.

THE CANADIAN PRESS

Ship sinks near Libya

► Witnesses say ship was carrying hundreds ► Somali mom lost baby



New hope for Texas man

The first thing Dallas Wiens' daughter said when she saw him was "Daddy, you're so handsome." The 25-year-old Texas man received a nose, lips, skin, muscle and nerves from an anonymous donor.

Pakistan anger grows over U.S. raid

Pakistan's prime minister defended his nation's military and intelligence services yesterday and said Pakistan was not solely to blame for the failure to detect Osama bin Laden's presence in a garrison town close to the capital.

Prime Minister Yousuf Raza Gilani, in his first address to parliament since the covert U.S. raid that killed the al-Qaida chief, lashed out at allegations that Pakistan knew where bin Laden was hiding.

He also warned the United States that any

unilateral raids in the future would be met with "full force."

New signs were emerging of Pakistan's anger at the U.S. for sending Navy SEALs into the country from Afghanistan in helicopters with radar-evading technology.

In apparent retaliation, Pakistani media have reported what they said was the name of the CIA station chief in Islamabad in a possible leak from authorities seeking to damage covert American activity in the country.

American officials have said they didn't inform Pakistan in advance of the raid out of fear bin Laden could be tipped off.

Gilani warned the U.S. not to try a similar covert raid in the future.

THE ASSOCIATED PRESS

An overcrowded ship carrying up to 600 people trying to flee Libya sank just outside the port of Tripoli, the UN refugee agency said yesterday, citing witness accounts..

Aid officials were still trying to confirm the fate of those people after the vessel broke apart Friday in the Mediterranean Sea off the coast of Libya, UNHCR spokeswoman Laura Boldrini said.

Witnesses who left the Libyan capital on another boat shortly afterwards reported seeing remnants of the sunken ship and the bodies of some passengers floating in the sea, she told The Associated Press.

Other witnesses saw passengers swimming to shore but it was unclear how many survived, according to the International Organization for Migration.

At least three other boats that left Libya in late March have disappeared, with hundreds feared dead, Boldrini said.

The number of people fleeing North Africa has soared since mid-January, due to uprisings in Egypt and Libya.

Some 25,000 people, mostly Tunisians, have flooded Lampedusa off the North African coast.

Many fleeing are foreign

workers from sub-Saharan Africa, who in the first weeks of the war were mistaken for mercenaries funded by Libyan leader Moammar Gadhafi and attacked by Libyan rebels.

Boldrini said deaths and disappearances among people trying to cross the Mediterranean is increasing as smugglers begin to use bigger and less seaworthy boats.

THE ASSOCIATED PRESS

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Canadian Tire goes on offence

► Megadeal with Forzani Group gives company entree to sports enthusiasts and mall rats nationwide

Canadian Tire, where legions of wannabe hockey stars have gone for their first stick or pair of skates, is embarking on a massive expansion of its sporting-goods reach with the \$771-million acquisition of Forzani Group Ltd.

By buying Calgary-based Forzani's 500 stores, which include Sport Chek, Hockey Experts and Athletes World, the automotive and outdoor-goods retailer said yesterday it hopes to secure Canadian sports enthusiasts as lifelong customers.

"Parents buy kids their first bike at Canadian Tire, but as kids get older their tastes change," Canadian Tire president and CEO Stephen Wetmore said.

"By acquiring Forzani we gain access to a new set of customers — people that typically don't shop our stores extensively today for sporting goods."

STEPHEN WETMORE, CEO, CANADIAN TIRE

more said.

"Not only do they want more expensive bikes, they want all the apparel and gear that goes along with their cycling activities. That's where Forzani comes into play."

The acquisition will give the company a pres-

ence in the coveted 18-to-35-year-old demographic that often prefers storefronts in shopping malls over big-box stores.

Canadian Tire said the purchase will be completed using \$500 million in cash and short-term financing, and has won the unanimous approval of Forzani's board. The company expects the transaction to close in the third quarter.

Canadian Tire employs more than 58,000 people with 485 stores across the country. Together, the merged companies will have about 1,000 retail locations selling a wide array of products from gardening tools and golf tees to winter tires.

THE CANADIAN PRESS



► Interception: Canadian Tire CEO Stephen Wetmore, left, hopes the company's friendly takeover of Forzani Group will help it to woo the coveted younger demographic. Bob Sartor, Forzani's CEO, says the deal gives his company "access to the incredible assets that Canadian Tire has."

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Anaphylaxis Canada

Facebook friends spread the news, study says

Facebook is influencing what news gets read online as people use the Internet's most popular hangout to share and recommend content.

That's one of the key findings of a study on the flow of traffic to the web's 25 largest news destinations. The study was released yesterday by the Pew Research Center's Project for Excellence in Journalism.

Facebook was responsible for three per cent of traffic to the 21 news sites that allowed data to be tracked, study co-author Amy Mitchell said. Five of the sites got six per cent to eight per cent of their readers from Facebook users.

The referrals typically came from links posted by friends on the Facebook site or from the ubiquitous "like" buttons.

The Facebook effect is small compared with Google's clout. Google Inc.'s dominant search engine supplies about 30 per cent of traffic to the top



news sites, the Pew report says.

But Facebook and other social-networking sharing tools, such as Addthis.com, are empowering people to rely on their online social circles to point out interesting content. By contrast, Google uses an automated formula to help people find news.

Facebook is at the forefront of this shift because it has more than 500 million users worldwide, far more than any other Internet service built for socializing and sharing.

Market moment

TSX	Dollar
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Oil	Natural gas
+ \$5.37 US (\$102.55 US)	1,000 cu ft \$4.223 US (- 8.1¢ US)
Gold contracts	\$1,503.20 US (+ \$11.60 US)

QUIT KICKING THE SEAT IN FRONT OF YOU

SHE SAYS ...

JESSICA NAPIER
METRO



Last week I found myself in a terribly uncomfortable position. I was travelling cross-country on an overnight flight and somehow, in spite of all my diligent planning, I was assigned the dreaded middle seat. Wedged in between a rather rotund woman and Mr. Goes To The Bathroom Every 30 Minutes I thought to myself, why are in-flight safety videos mandatory while basic plane etiquette is rarely enforced?

And so, fellow travellers, if we're going to be stuck together we should probably set a few ground rules. Here is a list of 10 to get us started.

1 Quit throwing elbows. Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback.

2 Babies are going to cry. All of the eye-rolling in the world won't make a difference, so stop making new parents feel bad about it.

3 Don't lean all of your body weight on the headrest in front of you every time you get up. There is a person in that seat and they want to smack you.

4 Shower.

5 Bring a novel, a magazine, a puzzle book — anything that will keep you occupied. Do not depend on your seatmates to provide you with seven hours of entertainment. Refrain from reading over someone else's shoulder

and don't you dare try to strike up a conversation against their will.

6 When your knee is touching my knee it's awkward. Stop pretending you don't notice.

7 If you're in the emergency exit row, listen when the flight attendant explains how to assist the crew in an emergency. Sitting through a two-minute instructional speech is a small price to pay for all of that extra leg room.

8 Don't hog the armrest. People sitting in the aisle and window seats get the outside armrests and the person in the middle gets to use both inside ones to compensate for their unfortunate seat assignment.

9 Turn off your phone. For real. You're not fooling anyone by hiding your BlackBerry in your bag while you stealthily check messages.

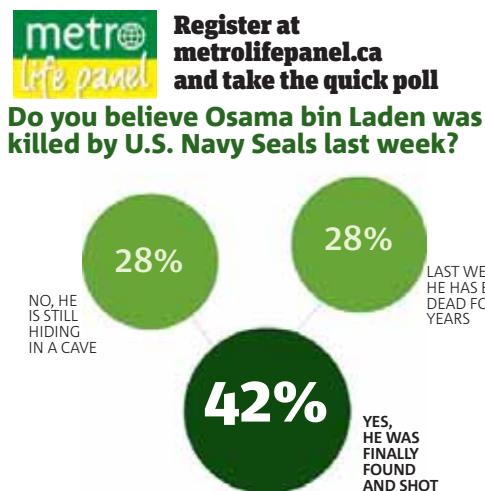
10 Just because there is alcohol available doesn't mean you need to get drunk. Nobody likes a belligerent jackass — especially at 30,000 feet.

Remember, the rules aren't just for everyone else — they're for you, too. An airplane is not your office or your bedroom (or, heaven forbid, your bathroom); it is a claustrophobia-inducing aircraft you must share with hundreds of strangers. Treat it as such.

.....
Read more of Jessica Napier's columns at metronews.ca/shesays



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Worth mentioning

JAKARTA, INDONESIA. Video cameras captured 12 critically endangered Sumatran tigers, including mothers with their cubs, in Indonesian forests slated to be cut down, wildlife activists said yesterday.

One of the videos shows three young cubs playfully chasing a leaf. Another, triggered by an infrared sensor, recorded giant cats strolling across a clearing at night.

Sumatran tigers are on the brink of extinction because of the destruction of forests, poaching and clashes with humans.

Their numbers have dwindled to about 400 from 1,000 in the 1970s, according to the World Wildlife Fund, which set up the cameras in Riau and Jambi provinces three months ago.

Karmila Parakkasi, who heads the group's tiger research team on Sumatra island, said capturing a dozen cats in such a short period is astonishing. The cameras were set up in a corridor — not officially protected by the government — between the Bukit Tigapuluh National Park and Bukit Rimbang Baling Wildlife Sanctuary.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Time for the Justice League seniors' home

Superheroes never seem to age in comic books. In real life, though, there's a time when crime fighters must hang up their utility belts.

A 91-year-old New Zealand man says he has been forced to put his new career as a modern-day Batman on hold because he is not allowed to be out fighting crime alone at night, AFP News reports.

John Bray, a Second World War

veteran, joined a local neighbourhood watch program, reporting any suspicious activity to police.

Like Batman, Bray began with a trusty sidekick, but decided to go solo when his Robin equivalent, a man in his late 80s, couldn't stay awake while on duty.

But the neighbourhood watch program has decided Bray can't work alone and he must find a new partner if he wants to continue to fight crime.

"I want to keep going so now I have to find a new partner," Bray told AFP, describing his crime-fighting role as a success, driving through the streets at night armed only with a spotlight and cellphone. ● METRO

Local tweets



- @NoahCarroll: To the dozens (hundreds?) of people with whom I discussed my issues with @JimWatsonOttawa, re: Charlotte Whitton: happily, it's all good now
- @Writewrds: @JimWatson Ottawa TY for naming decision. Perhaps there's a way to honour Whitton for good she did w/o causing hurt. Excellent call.
- @Centretowner: Must ... Resist ... Cynical ... Comments ... MT @JimWatsonOttawa: #Ottcity on list of "15 world's most bike-friendly
- @ALL_CAPS: @angfromthedock Can the NDP not produce a photo of Brosseau that isn't lifted from her Facebook profile? I'll take it for free: call me, NDP



Scene in brief



Regis Philbin is ready for a new chapter. The retiring star of *Live!* With Regis and Kelly has a memoir coming this fall, *It Books* announced yesterday.

Philbin, 79, will reflect on his decades-long television career, including stories about *Live!* co-host Kelly Ripa and her predecessor Kathie Lee Gifford and such celebrities as Jack Nicholson, George Clooney and Jerry Seinfeld. The memoir is currently untitled.

In a statement released by the publisher, Philbin called the book a "valedictory" and a "personal thank-you," especially to his fans.

THE ASSOCIATED PRESS



New Mark Burnett reality series, *Hiccups*, *Dan for Mayor* among CTV's summer lineup

Maya doesn't need any baby advice

► Comedienne reunites with SNL pal Wiig for *Bridesmaids* ► Rudolph pregnant with her third child, but is keeping busy on and off the set



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METRO WORLD NEWS IN HOLLYWOOD

Maya Rudolph isn't one for taking it easy. The comic actress sat down with Metro to discuss her new film, *Bridesmaids*, after shooting a new TV show pilot and attending the film's premiere the day before — all while very pregnant with her third child.

"I feel crazy today not getting enough sleep, because I'm gestating a human," she says, gesturing to her stomach. "Doesn't that sound weird? Gestating sounds like you're chewing and swallowing something. It sounds like digestion."

Despite her lack of sleep, Rudolph was more than happy to chat with Metro about the film, working with co-star and Saturday Night Live pal Kristen Wiig and the obnoxious questions pregnant women get.

How was it teaming up with Kristen Wiig again?

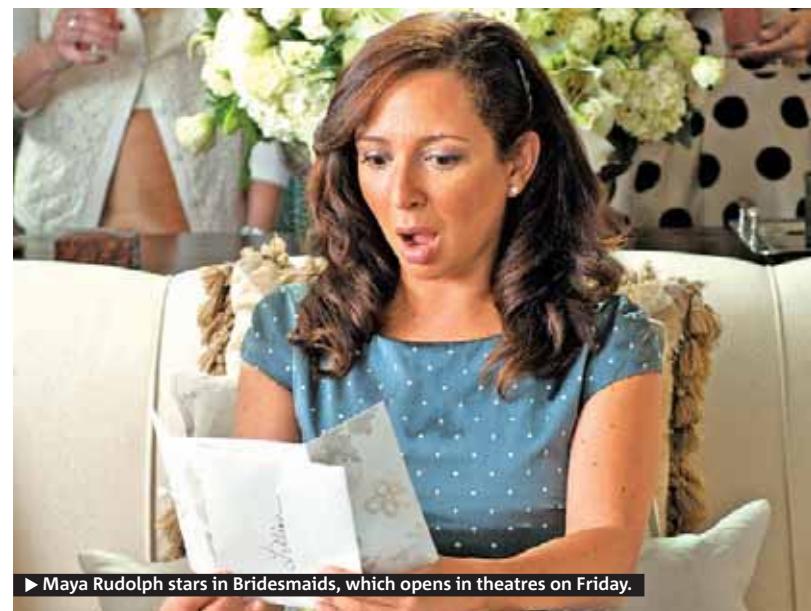
It's very easy to work with her, and I happen to like

her a lot, which makes it even more pleasant. You know, we've experienced a lot together just from working at SNL. It's like being in the trenches together — like being in the comedy army. You really do end up spending a lot of time at the offices and at the studio, and far more time together than with your loved ones sometimes.

What sort of comedy do you gravitate toward in picking projects?

I like comedy that is based in reality, or the gentle awkwardness of situations that can lend itself to being very funny. *Away We Go* had that as well. The first draft of it was definitely a tongue-in-cheek look at becoming a parent and having a lot to say about it. It was really cathartic because I had just gone through it myself for the first time, and it was just like, "Yeah! That's right! People say stupid stuff to you all the time!"

Are you still getting stupid questions with this pregnancy?



► Maya Rudolph stars in *Bridesmaids*, which opens in theatres on Friday.

I've been getting very interesting ones. I always carry big old babies. I'm always big when I'm pregnant. It's not how I want to look when I'm pregnant, it's just how I look. But I always get women that are really sure of themselves, like, "You're carrying low. You're having a boy. And it's going to go real early. It's your first baby, right?" And I'm like, "It's my third." Everyone's an expert. The unsolicited advice never ends when

you're pregnant.

Have you ever had a wedding experience as crazy as the one in the movie?

Nothing like this, oh God no. And I haven't been a bridesmaid that much. I feel like a lot of my friends got married when I was working on SNL, and a lot of people get married on Saturdays.

What do you get recognized for the most?

These days it's usually Whitney, maybe a little Oprah peppered in. They still say Donatella, but I'm like, "Wow, that's a really old reference." But it's really flattering that they remember an old reference. And then every once in a while I get a nice Bronx Beat reference, which I love. I love being able to be known for an original character and not just an impression. But I'll take whatever I can get.

DVD Releases this week

Buy it | Rent it | Borrow it | Yawn | Don't bother



Breaking up done right

Blue Valentine

Genre: Drama

Director: Derek Cianfrance

Stars: Ryan Gosling, Michelle Williams

½

We say that a marriage "breaks" when couples are no longer united, but often it's not as decisive as that.

More commonly, dissolution is a process of erosion: of love, of trust, of

patience. It's this slow marital wearing down that Derek Cianfrance brings so heartbreakingly to the screen, aided by rich performances from Michelle Williams and Ryan Gosling.

Titled for an old Tom Waits tune, one whose lyrics lament "half forgotten dreams/ Like a pebble in my shoe," the film proceeds in what feels like real time, but with no obvious beginning or end. It's a latticework of moments happy and sad.

Mostly sad. Cianfrance shows us enough of the good times to infer what brought Williams' Cindy and Gosling's Dean together, even though it was immediately evident that their personalities didn't mesh.

Something happened, but not suddenly. Cindy and Dean added a few years and pounds, and gained a beautiful daughter named Frankie (Faith Wladyka), but they also lost a few dreams.

● PETER HOWELL

Celebrity tweets



Is it bad to go to McDonalds after the gym?



Dear lovely people having a jam session, your passion is infectious but I would love to hear my own thoughts



In a very controversial move, the White House has decided to release photographs proving the death of Paris Hilton's career.



If we didn't evolve opposable thumbs, would we still be able to text?

No porn for Pippa

After making a splash at her sister's wedding to Prince William, Pippa Middleton is now very much in demand.

In fact, adult film company Vivid Entertainment has offered the head lady in waiting \$5 million to

shoot a single scene in one of their productions, according to TMZ. The company also offered \$1 million for an appearance by Pippa's brother, James Middleton. The Middletons understandably have not responded. **METRO**

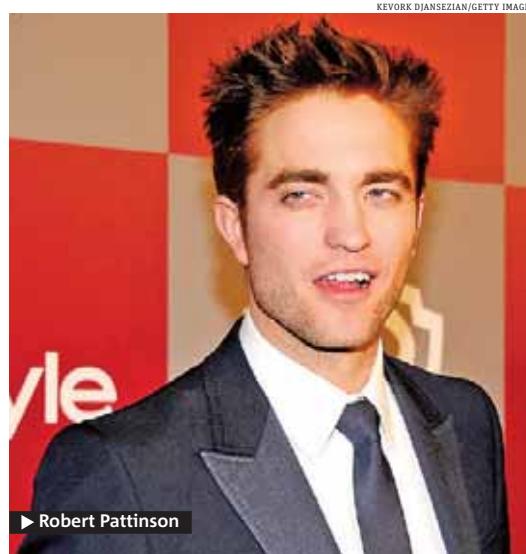
Cheeky little lies told by Pattinson

► Twilight star convinced people he knew the Royals

Robert Pattinson admits that he used to pretend he knew Prince William while waiting for his big break in Hollywood. "When I first came to L.A., it was very easy to convince people I was a member of the royal family," Pattinson says in a recent interview. "I hadn't worked for three years — I was unemployed in London — and when people asked what I'd been doing, I told people I went to (the Royal Academy of Dramatic Art) with Prince William."

And the Twilight star was surprised how readily Americans bought his line. "People would think, 'You're English, I completely believe you!'" he says.

METRO



► Robert Pattinson

Bieber is a 'brat,' says CSI star

CSI's Marg Helgenberger has some rather unkind things to say about her show's recent guest star, Justin Bieber.

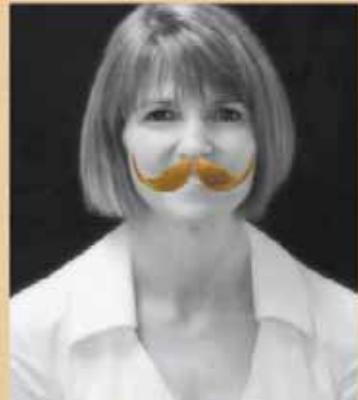
"I shouldn't be saying this, but he was kind of a brat," she admits in a French radio interview, according to Radar Online.

"He was very nice to me, but he locked one of the producers in a closet and he put his fist through a cake that was on the cast's table."



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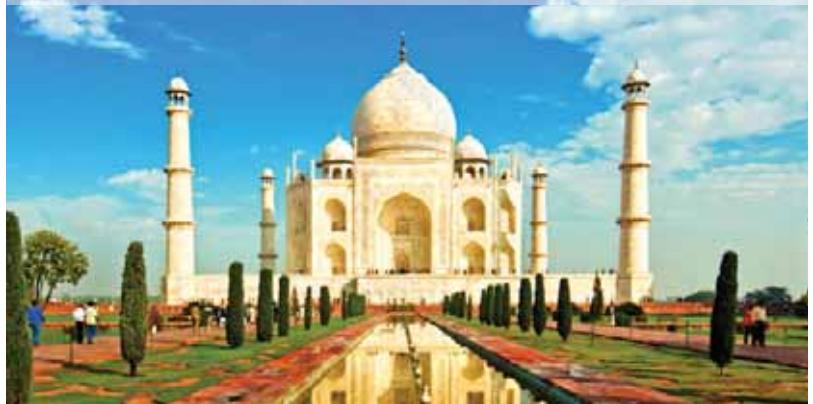
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3

life

Add nuts



How to add nuts to eat day's meal. Breakfast: Add nuts to your cereal, or to a smoothie. Snack: Take them to work and add them to yogurt or dried fruit for a snack. Lunch: Sprinkle some nuts on salads for added crunch. Dinner: Add nuts to pasta sauce or use them to make a crust for fish.

• CELIA MILNE



ISTOCK PHOTOS

You could go nuts trying to lose weight

► Harvard newsletter reports eating nuts twice a week may help people avoid weight gain



**CElia
MILNE**
LIFE@METRONEWS.CA

Eating nuts around breakfast time may help curb your appetite later in the day.

And, nuts are loaded with all kinds of good stuff: protein, fibre, antioxidants, unsaturated

fat, magnesium, and potassium.

"Nuts are nutrition super stars," says Kim Arrey, a dietitian and nutrition coach at PsySante Holistic Health Clinic in Montreal. "They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."

They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets.

KIM ARREY

enough of in their diets."

While nuts are certainly high in fat (and should be eaten in small amounts), they supply heart-healthy

monounsaturated and polyunsaturated fats as well as cholesterol-lowering plant sterols. They are great sources of antioxi-

dants, with walnuts getting the highest grade.

A Harvard Medical School newsletter reports that eating nuts at least twice a week helps people avoid weight gain. For instance, walnuts eaten at breakfast gave people a feeling of fullness that kept them from over-eating at lunch.



Aneurysms rare, but researchers search for what might trigger rupture

Don't fear the pin prick

► Your secret weapon to glowing skin is found in front of you ► Facial guru John Tsagaris and his beauty acupuncture technique works for many ► Sienna Miller has him to thank for her blessed youthful complexion

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METRO WORLD NEWS IN LONDON

Some would see spending 20 minutes with 60 or so needles embedded in your face as self harm — not self-healing. Yet your skin is a living organ and gives a clear projection of what is going on inside. Inserting acupuncture needles in the face stimulates collagen production and activates the facial muscles, making your skin look younger and plumper.

The wisdom of Chinese medicine is to use and optimize the resources of the human body and allowing it to do the job.

"Facial acupuncture works from within as it accelerates the anti-inflammatory activity and removes accumulative toxins from the skin," explains facial guru John Tsagaris. "By using a half-inch prick thin needle on



GETTY IMAGES
TECT FROM INJURY. IT ALSO BOOSTS THE PRODUCTION OF COLLAGEN TO TIGHTEN AND SMOOTH THE SKIN, CREATING A FIRM AND RADIANT COMPLEXION AND ENHANCING SKIN TONE.

THE BIOLOGICAL CYCLE OF SKIN CELL PRODUCTION IS AROUND 28 DAYS BUT WITH

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Ever wonder what it would be like to be symptom-free during the ragweed pollen season?

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You may be eligible to participate if you are between 18 to 55 years of age and have ragweed allergies.

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DENTAL EMERGENCIES HAPPEN! BUT QUICK ACTION CAN SAVE A TOOTH!

We all know how unpredictable life can be. The best laid oral health care plans and practices can seemingly be undone by an accident or trauma that leads to a dental emergency.

Dental emergencies can come in many forms. Accidents can result in people biting their tongues or lips. They may lead to broken or chipped teeth, or even to teeth being knocked out.

Prompt action in all these circumstances can be highly beneficial. In fact, you might be surprised to discover that it can even save a tooth you might otherwise have given up on!

If some form of trauma leads to you biting either your tongue or your lip, you will want to keep the area as clean as possible while controlling the bleeding. Use a cloth to try to clean the area, then apply a cold compress to control the bleeding.

This will usually be sufficient to deal with minor cuts. However, if the bleeding proves difficult to control, you may require medical attention. You should get to an emergency clinic, hospital or dentist as soon as possible as you may require stitches to close the wound.

A cracked or chipped tooth can also benefit from prompt attention. Again, you will want to ensure that the area is kept



**Dr. Peter Georgopoulos
Dental Surgeon**

clean and that a cold compress is applied to deal with any swelling. Once you have dealt with those immediate needs, get to your dentist right away!

Treatment options will vary depending upon the severity of the crack. Minor ones may be sealed quite easily. More serious cracks may result in the need for a root canal and crown to protect the pulp or living portion of the tooth. Let your dentist make the assessment and discuss the treatment options with you.

If a tooth is knocked out, you might be surprised to know that you still might be able to save it! The first ten minutes from the time it is knocked out are

crucial. If you can replace the tooth into the socket within ten minutes, there is a good chance it will take root again. The more time passes, the less likely you will succeed in saving the tooth.

When handling a knocked out tooth, try to touch only the crown. **Do not touch the roots.** If the tooth is dirty, rinse it in water to clean it. You can then try to replace the tooth into the socket.

If you are unable to do this yourself, or you are concerned that the tooth might be swallowed, **place the tooth in a glass of milk.** You then need to seek the help of a dentist immediately.

Of course, sometimes we have to accept that an accident does mean the end of that tooth. However, it does not mean the end of an attractive smile or a healthy mouth. With options such as implants, crowns and bridges, nobody needs to ever know that you have had a tooth replaced.

Regardless of the outcome, the best way to protect your oral health in the face of an emergency is to make sure you take quick action and get to your dentist. Because acting quickly in an emergency is a healthy habit...and healthier habits lead to healthier lives.

*Dr. Peter Georgopoulos
- Dental Surgeon*

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TUESDAY, MAY 10, 2011

This week's yoga pose. Garland Pose/Malasana

What you do

1 Squat with your feet as close together as possible.

2 Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs.

3 While you keep your feet flat, keep your body weight on your toes as much as possible without falling over.

4 Press your elbows against your inner knees, bringing your palms together and resist the knees into the elbows. This will help lengthen your front torso and better improve your balance.

5 To go further, press your inner thighs against the sides of your torso. Reach your arms forward, then swing



them out to the sides and notch your shins into your armpits. Press your finger tips to the floor, or reach around the outside of your ankles and clasp your back heels.

6 Hold the position for 30 seconds to one minute,

then inhale, straighten the knees, and stand up again.

7 People with bad knee injuries should avoid this posture and seek out different yoga poses.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

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NOT SO SCREWED

FUN AND FRUGAL

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Last week, four people sent me Financial Planner Kurt Rosentreter's article entitled Canadian 30 Year Olds are Screwed.

I agree that the 30-something crowd make the biggest financial decisions of their life all within a few short years: education, career, marriage, home buying, children and much more. The financial stakes are high, and without help, this group seems to make poor financial choices, which will result in a lifetime of debt and limited net worth when retirement knocks. But, I don't think 30-somethings are screwed.

Perhaps challenged; but certainly not hopeless.

To get this group back on track, 30-somethings need to get 10 times more financially savvy and start playing bottom line "catch up."

Good money management doesn't mean keeping up with the Jones's, fancy cars and monstrous houses. Rather it's about keeping debt low and savings high.

Get savvy. Take 10 minutes a week of Internet time and invest it in your financial education. Do your Internet banking, set up a net worth spread sheet, use free online financial tracking tools available at any bank website to keep tabs on budgets and spending.

Consolidate unruly lines of credit into a traditional fixed rate mortgage while taking advantage of historically low interest rates. Lines of credit are masked as good debt, but they often cover up systemic overspending problems.

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



Marriage has never just been about physical attraction or romantic love — the Harlequin Romance ideal notwithstanding.

Marriage, or whatever you call the (hopefully) lifetime union of two people, is a very pragmatic thing — especially financially. A financial union should create a far stronger whole than each of the individual parts.

Even so, many couples keep their financial affairs completely separate. I know those who have been together from many years and have kept their finances religiously divided to the point that they don't know what debts the other

Sad statistic

► 48 per cent of Canadian marriages end in divorce.

has, their income, retirement provisions or even whether or not they are current with their bills.

The main problem with this approach is that neither person can effectively plan their own future, because what one person in a permanent relationship does financially affects the other person.

If one partner, for example, is secretly paying only the minimum on his or her debt, the couple may have difficulty borrowing to consolidate other debts or getting a mortgage to buy a house.

At extreme separate finances can lead to some very unpleasant surprises down the road. In one case I worked on, the husband, supposedly a travelling



► The couple who chooses to handle money separately may be in for some scary surprises down the road.

salesman, was actually a professional gambler.

Result: Divorce and personal bankruptcy for the wife. Husband — off to parts unknown.

The guy was a schmuck and even joint finances wouldn't change that, but the wife would have likely clued in a whole lot sooner.

On another occasion, the wife, though working at a good job, was secretly using pay day loans each week because she'd fallen so far be-

hind in her credit card payments.

Result: They worked on it and are on the road to solvency, but not without a lot of mutual pain and sacrifice.

Personally, I think at least a limited amount of co-financial management is preferable and should be centered on areas of joint concern including household spending and any loans that affect both partners.

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COTTAGING sans stress



► Could it get more relaxing than this? Perhaps, if you have your finances in order.

It's summertime at the family cottage and the living is easy — for now. Owning a vacation property can present some important estate questions that you should consider to avoid a nasty tax bill in the future. For example:

- Have you included the cottage into your estate plan?
- Will it become your retirement home or will you sell it to the kids?
- Have you considered who will be responsible for paying its property and estate taxes after you're gone?

If you haven't addressed these issues yet, here's some tips to get started:

Make the cottage your principal property: As with most investments, the real estate value of a cottage increases over time. The difference between the cottage's purchase price and the final sale will generate a capital gains tax when it's inherited, sold or gifted to

children and/or heirs. The CRA capital gains rule states that the profit or capital gain related to the transfer of ownership of the property should be taxed at 50 per cent, payable immediately. One way around this is to sell the family home and declare the cottage as the primary residence. What's interesting about this option is that the taxman will grant you a "principal residence exemption" even if you only live at the cottage for short periods each year.

Transferring the cottage to the kids and/or heirs: One way of protecting your fam-

ily from the burden of the capital gains tax is by purchasing a life insurance policy. Since many older people in their 70s and 80s can't be insured, this insurance policy would be managed by the kids and/or heirs. Generally, the annual cost is affordable but this is finally determined by the insured's age and health. When both parents die, the insurance proceeds will be used to pay for the capital gain tax and any other maintenance costs.

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What's new on campus?

Willis College student is National Student of the Year

Cory Page, a student at Willis College of Business, Health and Technology, received the first ever National Student of the Year Award from the National Association of Career Colleges earlier this year. Recipients of the award are recognized for excellence in their program of study and for making contributions to the community in Canada or abroad. Page is studying in the Network Systems Engineer Diploma Program at Willis College and has a current academic average of 94 per cent. Page also volunteers extensively with the Canadian Breast Cancer Network. His work with the CBCN has saved the organization thousands of dollars on IT related costs.

Lots of 'hoop-la' over Algonquin College women's basketball team

For the first time since 1973



► The scholastic year may be coming to an end but Ottawa campuses are continuing to collect notable accolades.

the Algonquin College Thunder Women's Basketball team is the OCAA Champion with a convincing 59-46 victory over the Sheridan Bruins. Tina Ethier and Trish Grey led Algonquin in the Gold Medal game with 12 points each followed by Jenny Allen with 11 points and Sandre Bascoe with 10 points and 16 rebounds. Michelle

Asare had a game high 14 points and 16 rebounds for Sheridan.

Research chair at Carleton recognized by his peers

Kenneth Storey, Canada Research Chair in Molecular Physiology at Carleton, is being awarded the prestigious Fry Medal from the Canadian Society of Zoolologists. The award is given to

a Canadian zoologist who has made an outstanding contribution to knowledge and understanding of an area in zoology. It will be presented to Storey on May 16, 2011 when he delivers the Fry Lecture at the annual meeting of the society. Storey is internationally renowned for his discovery of the underlying biochemical principles that allow animals to adapt and survive in extreme environments. He is best known for unravelling the mechanisms that allow some types of frogs, turtles and insects to freeze solid during the winter and thaw unharmed in the spring. He has also discovered unifying principles of metabolic control that allow many kinds of animals to enter dormancy when environmental conditions become too harsh – such as winter hibernation in small mammals. His work on both freezing survival and hibernation has potential applications for improving

long-term storage of human organs for transplant.

Canadian physicists honour researcher at Carleton

Carleton's David Sinclair will receive the inaugural Canadian Association of Physicists (CAP) -TRIUMF Vogt medal for his exceptional vision and contributions to the study of neutrino physics in the pioneering Sudbury Neutrino Observatory (SNO). Named in honour of top Canadian researcher and nuclear physicist, Erich Vogt, the CAP-TRIUMF Vogt Medal for Outstanding Experimental or Theoretical Contributions to Subatomic Physics recognizes and encourages outstanding experimental or theoretical contributions.

uOttawa team argue themselves to the top

A team from uOttawa's Faculty of Law won the Willem C. Vis International Commercial Arbitration

Moot in Vienna, Austria, prevailing over teams from nearly 280 universities. More than 1,000 students came from around the world to the University of Vienna to debate a problem they had been working on since last October. This year's problem involved an international sales contract, for the sale of squid for fishing bait that went wrong. Arguments targeted procedural matters and, in particular, the constitutional legitimacy of the arbitral tribunal, as well as an allegation of breach of confidentiality between the parties. Through the general and elimination rounds, the uOttawa squad faced off against several universities, including the University of Zagreb, the University of Brooklyn and a former championship team, the University of Wellington, with the majority of wins being unanimous. ● METRO



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Preparing for August NCA Challenge Exams?

The University of Toronto Faculty of Law is offering its National Committee on Accreditation (NCA) Challenge Examination Review Program in the following subjects:

- Evidence Law
- Professional Responsibility
- Contracts Law
- Corporate Law
- Foundations of Canadian Law
- Canadian Administrative Law
- Canadian Constitutional Law
- Canadian Criminal Law & Procedure

Classes begin Friday, June 3, 2011. Register now!
Registration form available at www.itlp.utoronto.ca/apply



Your guide to looking good for grad

► With a little planning, fashion and function can shake hands on graduation day so you'll be comfy and look great



MARISA
BARATTA
TALENTEGG.CA

The big day is finally here. Several stress-out sessions and too many exams later, you are finally graduating! Congratulations!

Having used up so much brain power on completing your studies, just the thought of figuring out what to wear to convocation can sap your remaining energy.

The key? Dress up, but be comfortable (and follow your school dress code, if there is one). Guys, you will regret not going for the tie and, girls, those super tall heels — although they make your legs look great — aren't worth the trip (the one you'll likely make across the stage).

What to wear?

Gents, it is recommended you wear a tie for your graduation portrait, and the logic remains for graduation. Having that tie popping out of the top of your robe adds a dash of sophistication and really tops off the look.

Ladies, be mindful of the length of your dress or skirt, should you choose to wear one. It might look a little funny to have that bit of colour peeping out the end of your robe. Believe it or not, graduation robes are actually quite fun to wear. Trust me, you'll look good in one!

Location, location, location
If your convocation is being held outdoors, some extra considerations need to be made.

For one, those black robes can really heat up in a non-air-conditioned

space, so try to wear something light and airy underneath.

Also, you may be crossing a lawn to get to your seat, so be mindful of just how clean and new those heels are (you may find yourself sinking into the earth now and then).

An icky question to consider: will your grad robe leak colour onto your outfit?

Depending on the robe's materials and the weather conditions during your grad ceremony, it could happen. Just be aware of this when choosing the outfit you're going to wear underneath.

Much ado about shoes
Shoes are probably the most focused-upon aspect of graduation wear.

After all, they're the only part of your outfit that's visible beneath

your gown.

For the gentlemen out there, a nice pair of black shoes should do the trick. Sorry, but running shoes or sandals definitely won't cover it!

Ladies, a fancy pair of flip flops may slide under the radar, but this is your big day, so spring for a more formal pair of shoes.

Opting out of heels is acceptable (your pretty flats will look and feel good), but if you do wear heels, breeze past that really tall, uncomfortable pair and find something you can confidently walk in.

You only get a few seconds on stage and you want to make the best of them!

TALENTEGG.CA IS CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS.



ISTOCK IMAGES

► Rocking a cap and gown takes style, but you don't want to go over board.

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Classée au 1^{er} rang des 24 collèges ontariens
lors des sondages annuels 2011



It's LUNCH, but it could be better

► Sandwich spot is popular for a quick bite, but could use a few changes

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

 Did you forget your lunch and now need a quick brown bag to go? Head on over to one of the three LUNCH spots in the city, all situated around the downtown core.

At the Bank location, you can dine at one of the three quaint retro tables for two

► **LUNCH**
121 Bank Street
(613) 216-5431
Reservations: No
Lunch with co-workers:
Yes
Price range: \$\$
Rating: 2.5 out of 5



► Cuban Chicken Wrap with Carrot Ginger Soup

that are lined up by the door, or grab a stool along the counter. But it seems that during the lunch crush, most people simply select one of the pre-made sandwiches and head back to their desks.

On this rainy day, soup sounded like a good way to

improve my cloudy mood so I ordered the Carrot Ginger option (\$3.25). Unfortunately, it was watery and lacked the heat expected from the ginger component.

The Cuban Chicken Wrap (\$6.45), promoted as a hot wrap on their website,

was delivered in its original cold form. The black bean corn salsa was tasty with the fresh chicken, and it fulfilled its brown-bag role on this lazy rainy day.

In a pinch, munching at LUNCH will do...but with a little tweaking it could be so much better.



THE CANADIAN PRESS/HO
► Chipotle Apricot Cream Cheese Spread

Here is a quick appetizer to make when guests show up with a moment's notice. Simple ingredients to keep in your pantry!

Preparation:

- 1 Spread cream cheese spread onto bottom of small pie plate.
- 2 In saucepan, cook jam, pepper and water on medium-low heat for 5 minutes or until jam is melted, stirring occasionally.
- 3 Stir in onion; spread over cream cheese.

THE CANADIAN PRESS

Energy to start their day

Get the day off to a nutritious start for your school-bound kids and serve them this yummy muesli. The secret to this is apples and wild blueberries, which perk up the cereal and oatmeal.

Preparation:

1 Defrost wild blueberries.

2 Roast oatmeal for about 3 minutes in toaster oven.

3 Clean and core apples. Cut 8 slices for garnish and cut remainder into small cubes, about 5 mm (1/4 inch).

4 Mix cereals together and divide evenly among 4 bowls. Fill each bowl with 1/4 of the milk.

5 Place blueberries, almonds and apple over cereal. Garnish each serving with a dollop of yogurt (about 30 ml/2 tbsp) and apple slices. May be kept in an airtight container for future breakfasts. Makes 4 servings.

THE CANADIAN PRESS

Ingredients:

- 500 ml (2 cups) frozen wild blueberries
- 250 ml (1 cup) oatmeal (uncooked)
- 2 apples
- 75 ml (1/3 cup) toasted almond slices or pieces
- 750 ml (3 cups) wheat or bran flakes
- 500 ml (2 cups) skim or low-fat milk
- Yogurt, for garnish



► Apple and wild blueberry muesli.

Enjoy the Season's Freshest Pairing

Enjoy our Asparagus, Ham and Cheese Sandwich made on our signature butter croissant paired with Cream of Asparagus Soup.



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\$8.99*
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Canucks. Advance



FREDERICK BREEDON/GETTY IMAGES

Early lead stands up as Canucks reach conference final

Daniel Sedin and Mason Raymond scored first-period goals, and Roberto Luongo made 23 saves as the Vancouver Canucks beat the Nashville Predators 2-1 to advance to the Western Conference final last night. The Canucks reached the conference finals for the first time since 1994 and will face the winner of the series between the San Jose Sharks and Detroit Red Wings in the next round. Raymond gave Vancouver the lead 7:45 into the game and Sedin made it 2-0 just 1:43 later. Luongo did the rest for the Canucks, who were outshot 24-19. **THE ASSOCIATED PRESS**

An unlikely hero

► Third-line forward Sean Bergenheim flourishing in Tampa Bay's surprising playoff run

Growing up in Finland, Sean Bergenheim envisioned himself someday playing in the NHL and elevating his game during the Stanley Cup playoffs.

But never in his wildest dreams did the forward imagine having the kind of impact he has as part of the Tampa Bay Lightning's surprising run to the Eastern Conference finals.

With seven goals in 11 games, the post-season neo-

phyte not only leads his team in playoff goals scored, but through Sunday was also tied for the league lead with Nashville's Joel Ward and Philadelphia's James van Riemsdyk and Danny Briere.

Even more impressive, his production has come as part of the Lightning's third line — instead of one featuring any of Tampa Bay's big three of Martin St.



"It just seemed like a good fit."

SEAN BERGENHEIM, ON WHY HE SIGNED WITH TAMPA BAY

Louis, Vincent Lecavalier and Steven Stamkos.

The 27-year-old left-wing is one of nine players on

the roster who had not appeared in an NHL post-season game when Tampa Bay entered its first-round series against the Pittsburgh Penguins. Last summer, he signed a one-year, \$700,000 US contract with the Lightning after spending parts of five seasons with the New York Islanders.

Generally not known for offence, Bergenheim has never scored more than 15 goals in an NHL season. He

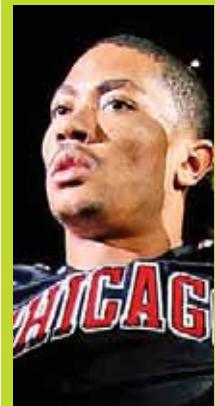
had 14 with Tampa Bay this year, ranking eighth on the team.

And while St. Louis, Lecavalier and Stamkos have combined for 15 goals while contributing to the Lightning overcoming a 3-1 deficit against the Penguins and sweeping the top-seeded Washington Capitals in the East semifinals, Bergenheim surprisingly leads the team with 36 shots.

THE ASSOCIATED PRESS

4 sports

Quoted



"They just played harder, getting to loose balls, second effort, chasing balls down."

CHICAGO BULLS GUARD DERRICK ROSE ON THE ATLANTA HAWKS, WHO HAVE TIED THE EASTERN CONFERENCE SEMIFINALS 2-2.

Canada yet to lose at IIHF tourney

Rick Nash and his Canadian teammates have earned an early date with Russia at the IIHF World Hockey Championship.

The big winger tipped home the winning goal

with less than eight minutes to play yesterday as Canada edged Sweden 3-2 to complete a perfect 6-0 run through the round-robin portion of the event. **THE CANADIAN PRESS**

Cyclist dies in crash at Giro d'Italia

Belgian cyclist Wouter Weylandt was killed yesterday in a high-speed downhill crash during the third stage of the Giro d'Italia. **THE ASSOCIATED PRESS**

Mariners cut Bradley loose

The Seattle Mariners have cut slumping outfielder Milton Bradley and his \$12-million salary.

The Mariners designated the often-troubled outfielder for assignment on

yesterday. The 33-year-old Bradley was hitting .218 with two home runs and 13 RBIs in 28 games.

Seattle also cut utility player Ryan Langerhans. **THE ASSOCIATED PRESS**



Scan code for more sports

NATIONAL HOCKEY LEAGUE**PLAYOFFS**

All times Eastern

CONFERENCE SEMI-FINALS

(Best-of-7 series)

EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY

(Tampa Bay wins 4-0)

PHILADELPHIA VS. BOSTON

(Boston wins 4-0)

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE

(Vancouver leads 3-2)

Last night's result

Vancouver at Nashville

Tomorrow's game

x-Nashville at Vancouver, 9 p.m.

SAN JOSE VS. DETROIT

(San Jose leads 3-2)

Sunday's result

Detroit vs San Jose 3

Tonight's game

San Jose at Detroit, 8 p.m.

Thursday's game

x-Detroit at San Jose, 9 p.m.

x — if necessary.

SUNDAY**RED WINGS 4, SHARKS 3**

First Period

1. San Jose, Setoguchi 5 (Boyle, Thornton) 17:18

Penalties — Stuart Det (boarding) 5:46; Lidstrom

Det (tripping) 12:26; Franzen Det (slashing), Thornton SJ (unsportsmanlike conduct) 17:43.

Second Period

2. San Jose, Pavelski 5 (Clowe, Wellwood) 15:32

3. Detroit, Kronwall 2 (Datsyuk, Stuart) 16:25

Penalties — Datsyuk Det (holding) 2:46;

Thornton SJ (hooking) 10:05.

Third Period

4. San Jose, Couture 4 (Heatley) 0:54

5. Detroit, Ericsson 1 (Zetterberg, Datsyuk) 3:43

6. Detroit, Cleary 2 (Kronwall, Bertuzzi) 5:29

7. Detroit, Holmstrom 3 (Lidstrom, Datsyuk) 13:52

Penalties — Heatley SJ (high-sticking) 1:25;

Abdelkader Det (elbowing) 14:55.

Shots

Detroit 7 9 6 —22

San Jose 16 14 12 —42

Goal — Detroit: Howard (W,6-3-0); San Jose:

Niemi (L-6-4-0). Power plays (goals-chances)

— Detroit: 0-2; San Jose: 0-4.

Referees — Chris Lee, Tim Peel. Linesmen —

Derek Amell, Pierre Racicot.

Att. — 17,562 (17,562) at San Jose, Calif.

SCORING LEADERS

G A PT

St. Louis, TB 6 7 13

Kesler, Vcr 5 8 13

Clowe, SJ 4 9 13

Datsyuk, Det 3 10 13

Lecavalier, TB 5 7 12

P.Bergeron, Bos 2 10 12

Downie, TB 2 10 12

Giroux, Pha 1 11 12

Ward, Nash 7 5 12

Marchand, Bos 5 6 11

Purcell, TB 1 10 11

Horton, Bos 5 5 10

Krejci, Bos 5 5 10

Ovechkin, Wash 5 5 10

Couture, SJ 4 6 10

Cammalleri, Mtl 3 7 10

J.Thornton, SJ 2 8 10

Briere, Pha 7 2 9

D.Sedin, Vcr 5 4 9

Boyle, SJ 2 7 9 Timonen, Pha 1 5 6

Ehrhoff, Vcr 2 7 9 Tootoo, Nash 1 5 6

Bergenheim, TB 7 1 8 Versteeg, Pha 1 5 6

Legwand, Nash 5 3 8 I.White, SJ 1 5 6

Burrows, Vcr 4 4 8 Zetterberg, Det 1 5 6

Lidstrom, Det 4 4 8 Vanek, Buf 5 0 5

Moore, TB 2 6 8 Doan, Phx 3 2 5

Perry, Ana 2 6 8 Clifford, LA 3 2 5

H.Sedin, Vcr 1 7 8 Gionta, Mtl 3 2 5

van Riemsdyk, Pha 7 0 7 Leino, Pha 3 2 5

Selanne, Aha 6 1 7 Malone, TB 3 2 5

Pavelski, SJ 5 2 7 Sharp, Chi 3 2 5

Kelly, Bos 4 3 7 S.Weber, Nash 3 2 5

Fisher, Nash 3 4 7 Frolik, Chi 2 3 5

Heatley, SJ 3 4 7 Helm, Det 2 3 5

Holmstrom, Det 3 4 7 Kronwall, Det 2 3 5

Gagne, TB 2 5 7 Lucic, Bos 2 3 5

Recchi, Bos 2 5 7 Marleau, SJ 2 3 5

Gragnani, Buf 1 6 7 Richardson, LA 2 3 5

S.Koivu, Ana 1 6 7 Plekanec, Mtl 2 3 5

Laich, Wash 1 6 7 Ryder, Bos 2 3 5

M.Richards, Pha 1 6 7 Smyth, LA 2 3 5

Wellwood, SJ 1 6 7 Vrbata, Phx 2 3 5

Setoguchi, SJ 5 1 6 Ference, Bos 1 4 5

Keith, Chi 4 2 6 Last night's game not included

HOCKEY**IIHF****MEN'S WORLD CHAMPIONSHIP****FINAL QUALIFICATION ROUND STANDINGS**

Group E

GP W OW OL L GF GA Pt

Czech Rep. 5 5 0 0 0 19 7 15

Finland 5 2 2 0 1 16 10 10

Germany 5 2 0 2 1 15 17 8

Russia 5 2 0 1 2 12 14 7

Slovakia 5 1 0 0 4 13 14 3

Denmark 5 0 1 0 4 9 22 2

Group F

GP W OW OL L GF GA Pt

Canada 5 3 2 0 23 11 13

Sweden 5 3 0 1 1 18 10 10

Norway 5 2 1 0 2 17 15 8

USA 5 2 0 1 2 15 19 7

Switzerland 5 1 1 2 11 12 6

France 5 0 0 1 4 5 22 1

Note: 3 points for a regulation win, 2 for an overtime win and 1 for an overtime loss.

Yesterday's results

At Kosice

Canada 3 Sweden 2 Switzerland 5 United States 3

France 5 Norway 2 At Bratislava

Slovakia 4 Denmark 1 Finland 3 Russia 2 (SO)

Czech Republic 5 Germany 2 Sunday's results

At Bratislava Czech Republic 3 Russia 2

Czech Republic 3 Slovakia 2

Sweden 2 Switzerland 0 QUARTER-FINALS

All games at Bratislava

Tomorrow's games

All times Eastern

Czech Republic vs. United States, 10:15 a.m.

Sweden vs. Germany, 2:15 p.m.

Thursday's games

Finland vs. Norway, 10:15 a.m.

Canada vs. Russia, 2:15 p.m.

SEMI-FINALS

At Bratislava Friday's games

Czech Republic-United States winner vs. Sweden-Germany winner, 10:15 a.m.

Finland-Norway winner vs. Canada-Russia winner, 2:15 p.m.

HOCKEY**CANADA 3, SWEDEN 2**

First Period

1. Canada, Neal 2 (Spezza) 1:08

2. Sweden, Petrasek 2 (Gunnarsson, Paajarvi)

3:43 (pp)

3. Canada, Tavares 5 (Skinner, Stewart) 13:20

Penalties — Burns Cda (interference) 3:12,

Personn SWE (hooking) 8:32, Eriksson SWE

(tripping) 11:18, Duchene Cda (tripping) 14:27.

Second Period

4. Sweden, Tedenby 1 (Silfverberg, Kruger)

10:38 (pp)

Penalties — Petrasek SWE (hooking) 2:12, Tavares

Cda (hooking) 10:20, Rundblad SWE (hooking)

11:45, Eberle Cda (slashing) 14:55, Nash Cda

(charging) 18:19, Patrasek SWE (hooking) 19:41.

Third Period

5. Canada, Nash 2 (Burns, Neal) 12:31 (pp)

Penalties — Neal Cda (slashing) 4:07, Personn

SWE (tripping) 12:04, Burns Cda (roughing)

15:06, Kruger SWE (slashing) 16:34, Petrasek

SWE (slashing) 18:15.

Shots

Canada 17 11 15 —43

Sweden 5 8 10 —23

Goal — Canada: Bernier (W,2-0-0); Norway:

Ersberg (L,0-2-0). Power plays (goals-chances)

— Canada: 1-8; Norway: 2-7.

Referees — Sami Partanen (Finland), Daniel

Piechaczek (Germany). Linesmen — Jiri Gebauer

(Czech Republic), Jussi Terho (Finland).

Att. — 7,633 at Kosice, Slovakia.

MAJOR LEAGUE BASEBALL**AMERICAN LEAGUE****EAST DIVISION**

W L Pct GB

New York 19 13 .594 —

Tampa Bay 20 14 .588 —

Boston 16 18 .471 4

Toronto 15 19 .441 5

Baltimore 14 19 .424 5½

CENTRAL DIVISION

W L Pct GB

Cleveland 22 11 .667 —

Kansas City 18 16 .529 4½

Detroit 17 18 .486 6

Minnesota 12 20 .307 9½

Chicago 13 22 .371 10

WEST DIVISION

W L Pct GB

Los Angeles 20 15 .571 —

Oakland 18 17 .514 2

Texas 18 17 .514 2

Seattle 16 19 .457 4

LAST NIGHT'S RESULTS

Detroit at Toronto

Minnesota at Boston

Oakland at Texas

Chicago White Sox at L.A. Angels

Sunday's results

Detroit 5 Toronto 2

L.A. Angels 6 Cleveland 5

Oakland 5 Kansas City 2

Tampa Bay 5 Baltimore 3

Chicago White Sox 5 Seattle 2 (10 innnings)

Boston 9 Minnesota 5

N.Y. Yankees 12 Texas 5

Today's games

Detroit 5 Toronto 2

L.A. Angels 6 Cleveland 5

Oakland 5 Anderson 2

Texas (Lewis 2-4, 4:05 p.m.)

Tampa Bay 5 Cleveland 7

Seattle at Baltimore, 7:05 p.m.

Detroit at Boston, 7:07 p.m.

Oakland at Anderson 2, 7:07 p.m.

Tampa Bay at Cleveland, 7:05 p.m.

Boston at Toronto, 7:07 p.m.

Chicago White Sox at L.A. Angels, 10:05 p.m.

(Pleinio 1-0), 10:05 p.m.

Tampa Bay 5 (Lilly 2-3) at Pittsburgh (Correia 5-2), 7:05 p.m.

Philadelphia 5 (Halladay 5-1) at Florida (Johnson 3-1), 7:10 p.m.

Washington (Marquis 3-1) at Atlanta (Hudson 4-2), 7:10 p.m.

Cincinnati (Bailey 1-0) at Houston (Myers 1-2), 8:05 p.m.

Chicago White Sox (Danks 0-5) at L.A. Angels (Pleinio 1-0), 10:05 p.m.

St. Louis (Carpenter 0-2) at Chicago Cubs (Zambrano 4-1), 8:05 p.m.

San Diego (Richard 1-3) at Milwaukee (Marcum 3-1), 8:10 p.m.

N.Y. Mets (Pelfrey 2-3) at Colorado (Hammel 3-1), 8:40 p.m.

Arizona (I.Kennedy 3-1) at San Francisco (Lincecum 3-3), 10:15 p.m.

SOCCER**MLS****TOMORROW'S GAMES**

All times Eastern

Toronto at Dallas, 9 p.m.

San Jose at Vancouver, 10 p.m.

Saturday's games

Chicago at Toronto, 7 p.m.

Colorado at D.C. United, 7:30 p.m.

Vancouver at New England, 7:30 p.m.

Philadelphia at Dallas, 8:30 p.m.

Houston at Real Salt Lake, 9 p.m.

Columbus at San Jose, 10:30 p.m.

Kansas City at Los Angeles, 10:30 p.m.

Portland at Seattle, 11 p.m.

Sunday, May 15

Chivas USA at New York, 7 p.m.

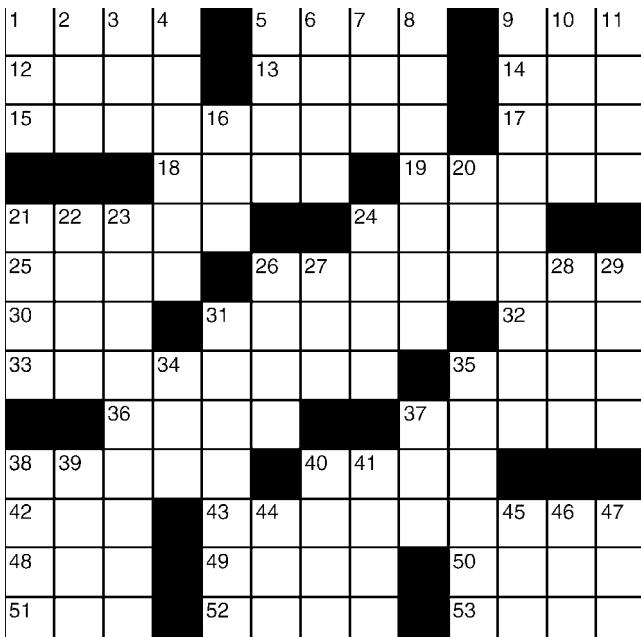
LACROSSE**NLL PLAYOFFS****FINAL**

Sunday, May 15

Washington at Toronto, 2 p.m. (EDT)

Crossword**Across**

1 Musical ending
5 Grand story
9 That girl
12 German city, once a capital
13 Finding Nemo fish
14 Embrace
15 "Hurry up!"
17 Palindromic title
18 Weak, as an excuse
19 Undressed
21 Moderate yellow-brown
24 Unembellished
25 Legal wrong
26 Served
30 Hearty brew
31 Trombone section
32 — budget
33 Lounge chair part
35 Rams' fans?
36 Legendary English actor Edmund
37 Painter Max
38 Computer connector
40 Dregs
42 Past
43 Theatrical "good luck!"
48 Stitch
49 Photog's choice
50 Goodyear product
51 Barbie's companion
52 Vortex
53 Fervor



6 Mast
7 Anger
8 Young swans
9 Ship's crew's re-hearsal
10 Ginormous
11 "Zounds!"
16 Listener
20 Exist
21 Nevada neighbour
22 Double agent
23 Categorization
24 Atomizer output
26 Small songbird
27 Small batteries
28 Singles

**Today's horoscope**

Aries March 21-April 20 You know that if others would only listen to your advice everything would be fine.

Taurus April 21-May 21 You can't stop people from making mistakes.

Gemini May 22-June 21 Look at how fortunate you are and how many options are open to you.

Cancer June 22-July 22 You can impose your will on others but you will achieve more if you meet colleagues halfway.

Leo July 23-Aug. 23 Compared to most people you've had it easy, so quit complaining and get down to some serious work.

Virgo Aug. 24-Sept. 22 Today you could be misled by people who know how to push your emotional buttons.

Libra Sept. 23-Oct. 23 Listen to and act upon what your inner voice tells you today.

Sagittarius Nov. 23-Dec. 21 Don't gamble with your health today.

Pisces Feb. 19-March 20. Look at your fears for what they really are: phantoms of your imagination that should be ignored. ■ SALLY BROMPTON

For today's crossword answers and for expanded horoscopes, go to metronews.ca

If someone tries to pressure you into making a quick decision tell them to get lost.

Capricorn Dec. 22-Jan. 20 Watch out your emotions don't get the better of you today.

Aquarius Jan. 21-Feb. 18 Flattery will get you a long way today.

Scorpio Oct. 24-Nov. 22 Look at your fears for what they really are: phantoms of your imagination that should be ignored. ■ SALLY BROMPTON

Sudoku

► Yesterday's answer

M	A	I	L	O	B	I	P	E	N	D
I	G	N	I	T	O	N	A	L	O	E
L	A	N	C	E	L	O	T	T	A	T
H	A	Y	E	A	R	N	E	D		
U	Z	B	E	K	T	R	I	O		
M	I	E	A	S	A	N	D	L	O	T
P	T	A	A	P	R	E	S	V	A	T
I	N	K	B	L	O	T	L	U	K	E
R	E	G	R	E	T	S	A	G		
U	V	E	A	P	O	L	Y	G	L	O
S	E	N	T	E	R	O	S	I	N	S
T	R	E	E	A	B	E	A	L	E	E

Yesterday's answer ►

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Batinski, Happy anniversary to the best batinski a belou could ever ask for! Love you lots! From BELOUMABEAR

Lora, Dump the bum & come with ME!!!!!!! I will treat u right & rub your feet at night. Please look around & you will see From ME

Johnatha, Hey John, just wanted to say I miss chilling with you! We should hang out sometime eh :) From ROBERT

Karan, A very very HAPPY 22nd BIRTHDAY to a very special person. Wish you lots of love, luck and happiness in life for today and the many more birthdays to come. May this day be a memorable one for you. Life would not be the same without you. Love you so very much my baby. From NS

